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Talk about it

If you think something isn't quite right, talk about it.
How are you really doing? You don't seem your usual self.

2

Listen

Allow the person a safe space to talk about their concerns, and do not interrupt, judge or give any advice.

3

Be kind

It's difficult being vulnerable. Thank them and be empathetic.
I appreciate you telling me, it sounds a lot is going on

4

Ask how to help

Don't make any assumptions, ask how you might help
Is there anything I can do to help? What do you need?

5

Signpost/Support

If someone has been experiencing poor mental health for 2+ weeks or more, or it has a significant impact on their day-to-day. There is no shame in getting help.
Have you thought about talking to your doctor/EAP?

Support is out there (UK)

You are not alone. Millions of people experience poor mental health in the UK and help is available both in and outside of work. Click the links to be directed to the mental health resources. Note that opening times vary.

Mental health resources directory

[Hub of hope](#)

General mental health support

[Mind](#)

[Mental Health UK](#)

[Mental Health at Work UK](#)

[Mental Health Foundation](#)

[Rethink Mental Illness](#)

Crisis support

[Samaritans](#)

[Shout](#)

[Papyrus \(Young people\)](#)

[Campaign Against Living Miserably](#)

Young people/Parent resources

[Parent's A-Z Mental Health Guide](#)

[Young Minds](#)

[The Mix](#)

[Kooth](#)

[Stem4](#)

Bereavement

[Cruise](#)

[The Loss Foundation](#)

[Winstons Wish \(Child bereavement\)](#)

Financial

[Money and Mental Health Service](#)

[Mental Health and Money Advice](#)

Black, African and Asian mental health charities

[Black Minds Matter UK](#)

[Black, African and Asian Therapy](#)

LGBTQIA+ mental health support

[Stonewall](#)

[MindOut](#)

Anxiety

[Anxiety UK](#)

[No Panic](#)

[OCD Action](#)

[PTSD UK](#)

Depression

[Sane](#)

[Depression UK](#)

Domestic Abuse

[Women's Aid](#)

[Refuge \(for Women\)](#)

[Respect \(for Men\)](#)

[Mankind Initiative \(for Men\)](#)

Family and relationships

[Relate](#)

Drugs and alcohol

[Smart Recovery](#)

[Alcoholics Anonymous](#)

[Nacqa](#)

Check out our website for free resources available at www.mindsetbps.com